

Things to remember as it gets hotter outside

BY MORGANNE HOUSLEY
DCHD Senior Services

Summer is upon us with its climbing temperatures. It's important to take some precautions when dealing with the heat especially for children, people over 65 years of age or having health issues, and new residents of Utah who are not familiar with the climate.

The Administration for Community Living provides the following steps that may help you prepare for these situations and the associated risks:

- Consider how potential power outages during periods of extreme heat might affect you. Plan to be temporarily self-sufficient if the electricity goes out. It's possible that you will not have access to a medical facility or a pharmacy.
- Identify the resources you use on a daily basis and what you can do if they are limited or not available. Make provisions for medications that require refrigeration, and plan arrangements to get to a cooling center, if needed.
- Think about what you need to maintain your health, safety, and independence. Build a kit that includes any specialized items such as extra wheelchair batteries, oxygen, catheters, and medication. Also include non-perishable food and water, items for service animals and pets, a



WITH THE SUMMER TEMPERATURES rising, protect yourself from the heat. A few helpful suggestions are to drink plenty of water, stay in cool places during the hottest part of the day (10 a.m. to 4 p.m.), and seek shade if you must be outside.

Courtesy photo

cooler, and anything else you might need.

- Check on family, friends, and neighbors who do not have air conditioning, especially those who spend much of their time alone, or are more likely to be affected by extreme heat.

- Be watchful for signs of heat stroke and dehydration. These include shallow breathing, a lack of perspiration, dizziness, dry mouth, and headaches.

In a recent news release, the Southwest Utah Public Health Department offers these impor-

tant tips:

- Try to stay indoors in an air-conditioned environment during the hottest parts of the day (usually 10 a.m. to 4 p.m.). Air-conditioning is the best way to protect against heat-related illness. If your home doesn't

have air-conditioning, go to a public place that does. Avoid strenuous activity outdoors during the heat of the day.

- Stay hydrated with plenty of water and seek shade if you must be outside. Avoid sunburn by applying a broad spectrum sunscreen with an SPF of at least 15. Wear a hat and sunglasses as well.

- Symptoms of heat exhaustion may include heavy sweating, paleness, cramps, weakness, faintness, headache, and nausea. Get into an air-conditioned environment, drink fluids, rest, and take a cool shower or bath. Seek medical attention if these symptoms last longer than an hour.

- If people exposed to heat have a temperature of 103 degrees or more, red/hot/dry skin, rapid pulse, dizziness, confusion, or unconsciousness, they may be experiencing heat stroke. Seek medical attention as soon as possible. Cool the victim down however you can (cool bath or shower, garden hose, wet sheet and fan). Do not give fluids to drink.

All people will react differently to a rise in temperature. It is important to evaluate your needs so you can plan accordingly if you ever encounter an extreme heat situation.

Senior Services offers caregiver classes in July

Davis County Senior Services is offering free classes for individuals who care for family members that are older and/or frail.

Classes will be offered at two different locations twice a month throughout 2017. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd., Layton), noon-1 p.m. On Thursdays, classes are at Golden Years Senior Activity Center (726 S. 100 E., Bountiful), noon-1 p.m. A light lunch will be provided at the classes but attendees must RSVP to

Megan Forbush at 801-525-5088 by Monday at noon for that class week.

Special thanks to Fairfield Village of Layton and Golden Years Senior Activity Center for hosting the classes.

Schedule:

- July 11 & 13: Aging Gracefully – Megan Forbush, Davis County Senior Services

- July 25 & 27: Transportation Programs in Davis County – Ann Workman, Davis County Senior Services

You can help prevent elder abuse

BY VIKI BOWMAN

Davis County RSVP

Did you know that any person who has reason to believe that a vulnerable adult has been the subject of abuse, neglect, or exploitation is required to report it according to Utah law? Yet, only 1 in 14 cases of elder abuse are reported to authorities.

Educating seniors, professionals,

caregivers, and the public on elder abuse is critical to prevention. A resource pamphlet is available through Davis County Senior Services highlighting what to watch for and where to seek assistance.

It is estimated that 1 in 10 Americans aged 60+ have experienced some form of elder abuse. Odds are if it hasn't happened to you, you will know someone whose life has been

affected by it.

Davis County RSVP is seeking volunteers aged 55+ with a desire to prevent elder abuse and bring awareness to this growing issue through distributing these resource pamphlets in the community and sharing the information in them. The schedule is flexible and training will be provided. Please contact Davis RSVP at 801-525-5094.

Get answers about Medicare at free class

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Thursday, July 13, 6:30-7:30 p.m. – Kaysville Library, 215 Fairfield Road, Kaysville

- Wednesday, July 19, 6:30-7:30 p.m. – Clearfield Library, 562 S. 1000 E., Clearfield

- Wednesday, Aug. 9, 6:30-7:30 p.m. – Centerville Library, 45 S. 400 W., Centerville

For more information about the Medicare 101 classes, contact Marie Jorgensen at 801-525-5086 or mjorgensen@daviscountyutah.gov.

Beware of scams as new Medicare cards get issued

BY JACKIE SMITH

Davis County Senior Services

The Centers for Medicare and Medicaid Services will be issuing Medicare beneficiaries new Medicare cards that do not have their Social Security numbers on them. The new cards will have a new identifier that will include numbers and letters to help decrease the possibility of identity theft.

These new cards will be mailed out starting in April of 2018. It will take time to get all the new cards out because of the number of people with Medicare. The cards have to be mailed out by the end of April 2019.

involving the new cards. One scam involves the scammer calling and stating that they need to verify the beneficiary's Medicare number before they can mail out the new card. THIS IS FALSE! The new cards will be mailed out automatically.

Another scam involves the scammer claiming that the beneficiary needs to pay a fee before the card can be mailed. THIS IS FALSE! The new cards will arrive in the mail free of charge.

If you have any questions regarding the new Medicare cards, call the Davis County Senior Medicare Patrol at 801-525-5082.

There have been scams

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				6 AG – Wire Wrapping 8:30 Tap Dancing 1:30 GY – Craft Class 9:30 Luana's Combo Band 10:30 ND – Movie 12	7 AG – Arthritis Exercise 9 Choir Practice 10 GY – Sit n fit 8:30 Tai Chi 9:30 ND – Texas Hold 'em 12	8
9	10 AG – Water Exercise 9 Bingo 10:15 GY – Yoga 10 Arthritis Class 12:30 ND – **Card Making Class 10:30	11 AG – Lapidary 8:30 Square Dancing 12:30 GY – Blood Pressure 10 ND – Blood Pressure Clinic 10:30	12 AG – Overeaters Anonymous 6:30-8 p.m. GY – **Legal Consultation by appt. ND – Card Making 10:30	13 AG – Lunch/ "Recovery Updates" w/ Ryan 11:30 GY – Wills and Trust 9-12 Caregivers Class 12 ND – Movie 12	14 AG – **AARP Smart Driving GY – Line Dancing 9:30 ND – Texas Hold 'em 12 Bingo 12:30	15
16	17 AG – Lifetime Fit 9 GY – Days of '47 Float Preview Party 10:15 ND – Chancellor Gardens 11:30	18 AG – Lapidary 8:30 Reiki 10:30 GY – Wood Carving 9 ND – Food \$ense Class 12:30 Foot Clinic by appt.	19 AG – Memory Magic 10:30 Book Club 1 GY – Line Dancing 10 ND – (NEW) Technology Lab 10-12 Food Bank	20 AG – Wire Wrapping 8:30 GY – Dancing Grannies 8:30 Luana's Combo Band 10:30 ND – Card Games/Knit & Crochet 12:30	21 AG – Lapidary 8:30 Canasta 1 GY – Stained Glass 9 ND – Texas Hold 'em 12 Bingo 12:30	22
23	24 Closed for Pioneer Day 	25 AG – Art 9 Chair Tai Chi 10:30 GY – Blood Pressure 10 Book Club 12:30 ND – Blood Pressure Clinic 10:30 Line Dancing 1	26 AG – Lunch/ Super foods w/Jeff 11:30 GY – Senior Social 11:15 Positive Aging 5-7 p.m. ND – Art 9 Texas Hold 'em 12:30	27 AG – Tap Dancing 1:30 Food Bank GY – Craft Class 9:30 Caregivers Class 12 ND – Card Games / Knit & Crochet 12:30	28 **AG, GY & ND July Birthday Party AG – Internet 101 9:30 GY – Watercolor 9 ND – Bingo 12:30	29
30	31 AG – Lifetime Fit 9 Oil Painting 9 GY – Line Dancing 10 Oil Painting 1 ND – Bingo 12:30	Aug 1 AG – Art 9 Tai Chi 9:30 GY – Zumba 9:30 Craft Class 12:30 ND – China Painting 9 Quilters 10 Line Dancing 1	Aug 2 AG – Watercolor 9:30 Ceramics 12 GY – Ceramics 9 Bingo 12:30 ND – (NEW) Technology Lab 10-12	Aug 3 AG – Water Ex 9 Lifetime Fit 9 GY – Lapidary 8:30 Arthritis Class 12:30 ND – Knit & Crochet 12:30	Aug 4 AG – Arthritis Ex 9 Internet 101 9:30 GY – Movie 12:30 ND – Texas Hold 'em 12 Bingo 12:30	5

**** Call Senior Activity Center to Make Reservation**
(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow
(801) 444-2290
81 East Center Street
Kaysville, UT 84037

GY ~ Golden Years
(801) 451-3660
726 South 100 East
Bountiful, UT 84010

ND ~ North Davis
(801) 525-5080
42 South State Street
Clearfield, UT 84015